

Tips for People with Nausea



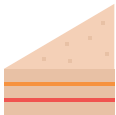
- Eat in a quiet place away from strong smells. Open a window.



- Avoid spicy and fatty foods, as well as foods with a strong smell.



- Choose plain foods like toast, bagels, crackers and rice.



- Choose cool or room temperature foods (such as boiled eggs, cheese, or meat sandwiches); do not leave food out of the fridge for more than 2 hours.



- Try candied ginger, ginger cookies, ginger tea or ginger ale.



- When you do not have nausea – eat!



- Allow someone else to do the cooking.



- Do not lie down right after your meal.



- Take good care of your mouth and teeth.



- Talk to your kidney doctor about medication to decrease nausea.

Tips for People with Poor Appetite



- Eat small high calorie meals and snacks, every 2-3 hours.



- Set an alarm to remind you to have a meal and/or snack.



- Eat larger portions when your appetite is better.



- Eat with family or friends.



- Do not drink liquids with meals; they can fill you up quickly.



- Ask your dietitian about using a nutrition supplement.



- Talk to your doctor, nurse or dietitian if you often have constipation

Taste Changes



- Brush your teeth and tongue more than usual.



- Use plastic utensils to help reduce metallic taste.



- Rinse your mouth often: before and after meals, with fluids such as tap water, club soda, or mineral water.



- Serve food cold or at room temperature; do not leave food out of the fridge for more than 2 hours.



- Try applesauce, mint jelly, red pepper jelly or cranberry sauce with meat or poultry.



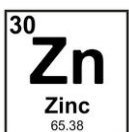
- If food tastes too salty, try adding sugar or honey.



- Use salt-free seasonings to add flavor to food. Talk to your dietitian for ideas.



- Contact your dentist or doctor if you have a “moldy” or “rotten” mouth taste.



- Ask your kidney doctor about trying a zinc supplement.

Tips to Increase Calories



- Add soft margarine, healthy oil or butter to hot cereal, toast, cooked vegetables, rice, and pasta.



- Use larger amounts of full-fat salad dressing and mayonnaise on salads and in sandwiches.



- Add full-fat sour cream to salad dressings, pasta and vegetables and use it as a dip for fruit and vegetables.



- Try whipping cream as a topping on cake, fruit and gelatin desserts.



- Use cream instead of milk on cereal and in recipes.



- Add full fat, pasteurized cheeses like Havarti, cheddar or cream cheese to pasta, rice, cooked vegetables and bread products.



- Add honey, sugar or syrup to hot drinks, cereal, pancakes and waffles.



- Spread jam, jelly, marmalade or honey on toast, bagels, muffins, rolls and crackers.



- If you have diabetes, speak to your dietitian about adding sugars.

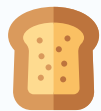


- Ask your dietitian about using a nutrition supplement.

High Calorie Kidney-Friendly Meal and Snack Ideas



Bagels
Bread
Croissants



English muffins
served with:

- butter
- soft margarine
- cream cheese
- jam
- jelly or
- honey

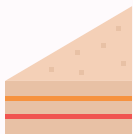


Quick plain oats or cream of wheat
prepared with:

- cream or unenriched rice milk and
- added dried cranberries or frozen blueberries



Scrambled eggs
Omelettes
French toast
Pancakes
Rice Krispies™ Squares



Sandwiches

- grilled cheese
- tuna
- egg salad
- chicken salad



Pasta or rice casseroles made using:


- left-over cooked chicken
- low-sodium canned tuna or salmon

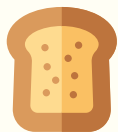


Hot or cold cooked pasta with:

- meat or chicken
- drizzled with olive oil and
- seasoned with fresh or dried herbs

Homemade snack mix made from:

- Kellogg's Crispix™ 
- Quaker Corn Bran™
- Post Original Spoon Size Shredded Wheat™
- dried cranberries and pineapple



Loaves

- lemon
- zucchini
- sour cream
- pineapple
- cherry



Muffins

- berry
- apple
- oatmeal
- lemon
- cherry
- cranberry
- pineapple



Cookies

- arrowroot
- digestives
- oatmeal
- social teas



Yeast donuts

- glazed
- crullers
- apple fritters



Cake

- pound
- angel
- lemon
- spice
- jelly roll



Pie

- apple
- cherry
- blueberry
- cranberry
- lemon meringue



Consider using a meal delivery program. Ask your dietitian for ideas.